



# consumer news

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## I know it's starchy food, but what does carbohydrate mean?

Starchy foods: Who needs them? You do. Everyone does because starches & their twin, sugars, are major sources of energy in our diet. Starches & sugars belong to the food nutrient groups that nutritionists label carbohydrates. The following is a look at carbohydrates, which are just one component of food we eat. The previous issue of CONSUMER NEWS reviewed protein. Future issues will explore other nutritional components of food, including vitamins.

In your body, carbohydrates—both sugar & starch—break down into glucose, which is also called blood sugar. Glucose is the fuel that supplies energy for your daily activities, as well as for your internal body processes. What foods give your body that fuel?

Excellent sources of starch are

- Grains (wheat, oats, corn, rice)
  - Products made from grains (flour, macaroni, spaghetti, grits, breads, breakfast cereals)
  - Potatoes
  - Dry beans & peas
- (Most other vegetables provide smaller amounts of starch.)

As for sugar, you take in highly concentrated amounts when you eat

- Sugar (cane or beet)
- Jellies & jams
- Candy & sweet desserts
- Honey, molasses & other syrups

(Smaller—but adequate—amounts of sugar are supplied by fruits & fruit juices.)

Reading that list of carbohydrate-laden food, you may wonder whether you would be better off to eliminate all starches & sugars because many of them are high-calorie foods. Not at all. According to **Agriculture Dept.** nutritionists, it is true that when you take in more starchy & sweet foods than your daily activity requires, your body converts the excess into fat. This is stored in the form of fatty tissues. So it is important to keep control of your daily carbohydrate intake.

But to keep going, your body does need some carbohydrates. So if you have an overweight problem, ration yourself carefully on starches—especially on the higher-calorie ones like noodles. Try to confine yourself to fruits & fruit juices as sources of sugar—forget about candies & cake. With carbohydrates, the trick is to take in no more than your daily activities will burn off. By eating starches & sugars for energy, you are freeing your protein intake to concentrate on its tissue-building function. [CONSUMER NEWS: April 15]. Thus, your daily diet operates more efficiently when you eat carbohydrates. Also, since the foods that contain these starches & sugars are lower-priced than most high-protein foods, you are making a good buy when you purchase carbohydrates for body energy.

When you plan your daily carbohydrate intake, here is another factor to remember: You get an extra bonus when you select whole grain products for breads & cereals. These whole grains contain cellulose, which furnishes the bulk or roughage that your body must have. Other foods that do a good job of providing roughage are unprocessed bran, rolled oats, nuts, unsalted sunflower seeds. Raw vegetables—lettuce, tomatoes, carrots, cabbage—are useful too.

You may find these Government booklets helpful for selecting foods containing carbohydrates & other nutrients: *Nutritive Value of Foods*, a list of the nutrients in a broad range of foods, 30¢; *Calories & Weight*, a pocket calorie guide, 30¢. Both are available from **Consumer Product Information**, Pueblo, CO 81009; make check or money order payable to Superintendent of Documents.

## Cost of meats & other sources of protein

The range in costs of different types & cuts of meats, poultry & fish is great. So careful selection may result in worthwhile savings. In addition to replacing expensive types & cuts of meat, poultry & fish with cheaper ones, the smart shopper can replace some meats in meals with alternates, such as eggs, dry beans, dry peas & peanut butter. These foods are suitable replacements for meat because they provide protein & other nutrients. Cheese can also be used. It can be counted on for most of the nutrients found in meat except iron. Cheese is a good calcium source—meat is not.

One way of determining good buys among meats & other sources of protein, according to **Agriculture Dept.**, is to compare the costs of equal amounts of protein. For example, a 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, turkey or fish provides 20 grams of protein or more. However, well over a serving of some meats & meat products is required for 20 grams of protein: 10 slices of bacon, 3½ hot dogs or 6 slices of bologna weighing an ounce each. Amounts of protein alternates—such as dry beans, peanut butter & canned bean soup—needed to provide 20 grams of protein are also larger than the usual serving: more than a cup of cooked or canned dry beans, a can of bean soup, 4½ tablespoons of peanut butter or 3 eggs.

Agriculture Dept.'s **Agricultural Research Service** has provided **CONSUMER NEWS** with 2 charts on cost of meats & other sources of protein. The first chart lists average cost of 3 ounces of cooked lean meat, poultry & fish at February 1973 prices. The second chart lists average cost of 20 grams of protein from meats & other sources of protein at February 1973. If you would like copies of the 2 charts, send your request to Service, Room 541-A, Agriculture Dept., Washington, DC 20250.

### Average cost of 3 ounces of cooked lean from specified meat, poultry & fish

Food	Average retail price per pound February 1973	% of pound for 3 ounces of cooked lean	Cost of 3 ounces of cooked lean
Hamburger .....	\$ .84	26%	\$ .22
Chicken, whole, ready-to-cook .....	.46	48	.22
Turkey, ready-to-cook .....	.57	40	.23
Beef liver .....	.84	27	.23
Ocean perch, fillet, frozen .....	.90	29	.26
Chicken breasts .....	.84	35	.30
Pork, picnic .....	.69	46	.32
Ham, whole .....	.91	35	.32
Haddock, fillet, frozen .....	1.20	29	.35
Ham, canned .....	1.39	25	.35
Chuck roast of beef, bone in .....	.96	45	.43
Pork loin roast .....	1.06	50	.53
Rump roast of beef, boned .....	1.64	34	.56
Round beefsteak .....	1.68	34	.57
Rib roast of beef .....	1.42	45	.64
Pork chops, center .....	1.48	45	.66
Sirloin beefsteak .....	1.68	43	.72
Veal cutlets .....	2.96	25	.74
Lamb chops, loin .....	2.18	46	1.00
Porterhouse beefsteak .....	1.97	52	1.02

### New Federal publication

The following publication is available from **Public Documents Distribution Center**, 5801 Tabor Ave., Philadelphia, PA 19120. Make check or money order payable to **Superintendent of Documents**.

*Adequacy of Federal Response to Housing Needs of Older Americans*, published by U.S. Senate Special Committee on Aging; Vol. 1, 55¢; Vol. 2, 30¢; Vol. 3, 20¢.

### Average cost of 20 grams of protein from specified meats & meat alternates

Food	Market unit	Average price per market unit February 1973	% of market unit to give 20 grams of protein **	Cost of 20 grams of protein
Dry beans .....	lb.	\$ .26	24%	\$ .06
Peanut butter .....	12 oz.	.51	23	.12
Chicken, whole, ready-to-cook .....	lb.	.46	37	.17
Bean soup, canned .....	11½ oz.	.17	96	.17
Milk, whole fluid .....	½ gal.	.62	29	.18 *
Eggs, large .....	doz.	.69	26	.18
Hamburger .....	lb.	.84	24	.20
Beef liver .....	lb.	.84	24	.20
Turkey, ready-to-cook .....	lb.	.57	35	.20
Sardines, canned .....	4 oz.	.22	94	.21
Tuna fish, canned .....	6½ oz.	.47	44	.21
American process cheese .....	8 oz.	.56	38	.21
Pork, picnic .....	lb.	.69	32	.22
Chicken breasts .....	lb.	.84	26	.22
Ham, whole .....	lb.	.91	29	.26
Ocean perch, fillet, frozen .....	lb.	.90	36	.33
Liverwurst .....	8 oz.	.58	60	.34
Chuck roast of beef, bone in .....	lb.	.96	35	.34
Ham, canned .....	lb.	1.39	24	.34
Pork loin roast .....	lb.	1.06	33	.35
Frankfurters .....	lb.	.96	36	.35
Round beefsteak .....	lb.	1.68	22	.37
Salami .....	8 oz.	.76	50	.38
Rump roast of beef, boned .....	lb.	1.64	26	.42
Haddock, fillet, frozen .....	lb.	1.20	35	.42
Sirloin beefsteak .....	lb.	1.68	28	.47
Rib roast of beef .....	lb.	1.42	33	.47
Bologna .....	8 oz.	.64	73	.47
Pork sausage .....	lb.	.95	52	.49
Pork chops, center .....	lb.	1.48	35	.51
Bacon, sliced .....	lb.	1.15	52	.60
Veal cutlets .....	lb.	2.96	21	.63
Porterhouse beefsteak .....	lb.	1.97	34	.66
Lamb chops, loin .....	lb.	2.18	31	.67

\* Although milk is not used to replace meat in meals, it is an economical source of good quality protein. Protein from nonfat dry milk costs less than half the protein cost of whole fluid milk.

\*\* One-third of the daily amount recommended for a 20-year-old man, assuming that all meat (including cooked fat) is eaten.

### FTC vs. Volvo's "economy" claim

According to a Federal Trade Commission consent order, ads for Volvo cars may no longer claim that Volvos are more economical to own & operate than competing cars—unless the company or its advertising agency can present “a reasonable basis for such claims.” Criteria set by the consent order, which is to settle FTC’s complaint against Volvo, call for “quantitative data based on a statistically valid sample, or competent scientific, engineering, cost or other similar objective data.”

The FTC action came in the form of the commission’s provisional acceptance of the consent order issued against Volvo’s advertising agency (Scali, McCabe, Sloves Inc.).

## Recall report

**Food & Drug Administration** has recalled the entire production of the **Fran Mushroom Co. Inc.**, Ravena, NY, because of suspected Botulin toxin. The recall includes all canned mushrooms produced by Fran as well as food products manufactured by a number of other companies that use Fran mushrooms among their ingredients.

The products involved in the recall include consumer frozen foods found in retail stores & products packaged for non-retail use. Among the specific consumer products are the following:

Festive Time pizzas, by Festive Foods Inc., Mount Vernon, NY; Braised Chicken Legs With Tomato Sauce & Chicken a la King, Schrafft's Food Service, Winchester, VA; Frozen Beef Mushroom Steaks & Cubed Beef Patties With Mushrooms, San-Bro Meats, Frankfort, NY; certain production codes of Steak-a-Bobs (6-oz. & 8-oz. sizes), Greendell Packing Corp., Prattsville, NY; Cap'n John individual Tuna Noodle Casseroles, National Fish Division of Great Atlantic & Pacific Tea Co., New York; Mushroom, Olive & Pimenta Pizzas, Macabee Foods Inc., Hackensack, NJ.

Consumers who find any of these products in their home freezers should not eat them but should return the foods to the stores where they were purchased.

## Call collect

You can now register complaints about airline service by using the **Civil Aeronautics Board's** "hot line." Call 202-382-7735 at any time. A CAB staff member will talk with you about your complaint during usual office hours. At nights & during weekends, you may leave a message for a CAB representative to return your call later during CAB office hours.

To avoid paying long distance telephone charges, call collect. The Federal Government cannot accept collect calls. However, a CAB staff member can take your name, telephone number & name of airline involved in your complaint from the operator & return your call. At nights & during weekends, you have to pay the telephone charge for the time it takes you to leave a message with a recording machine.

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